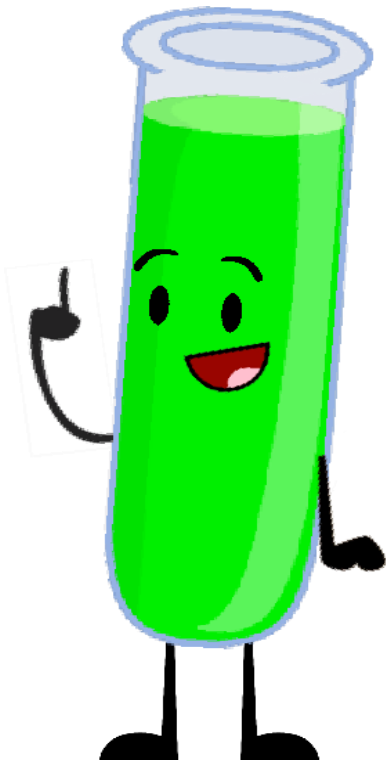


EHW Team

Developing Wellbeing – ways to increase 'feel good' chemicals



Reducing cortisol and increasing dopamine, oxytocin and serotonin can contribute to wellbeing and happiness by:

- Helping to regulate mood
- Promoting good sleep patterns
- Helping with social behaviour/skills
- Promoting learning
- Aiding memory

Reducing Cortisol

Feeling safe

Exercise

Mindfulness

Meditation

Laughter

Music/singing/humming

Yoga

Giving to somebody else

Connecting to others

Breathing exercises

Grounding

Dancing

Rocking/swinging/monkey bars

Drink water

Petting animals

Rhythm cups

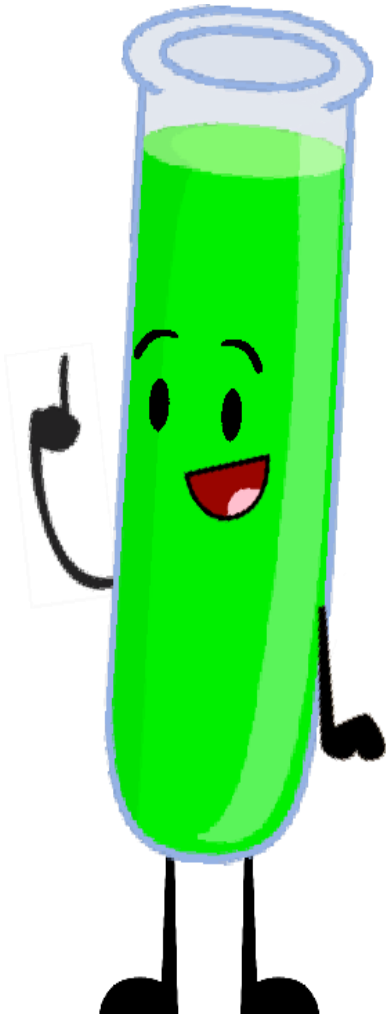
Rhythmic repetition e.g. star jumps/clapping

Weight – weighted blanket, heavy ball, carrying books, pushing a wheelbarrow

Stimulate sense of smell with lavender, lemon or bergamot

EHW Team

**Developing Wellbeing – ways to
increase ‘feel good’ chemicals**



Increase Dopamine

Meditation

Exercise

Music

Sunlight

Being outdoors in nature

Achievement of goals

Mindfulness

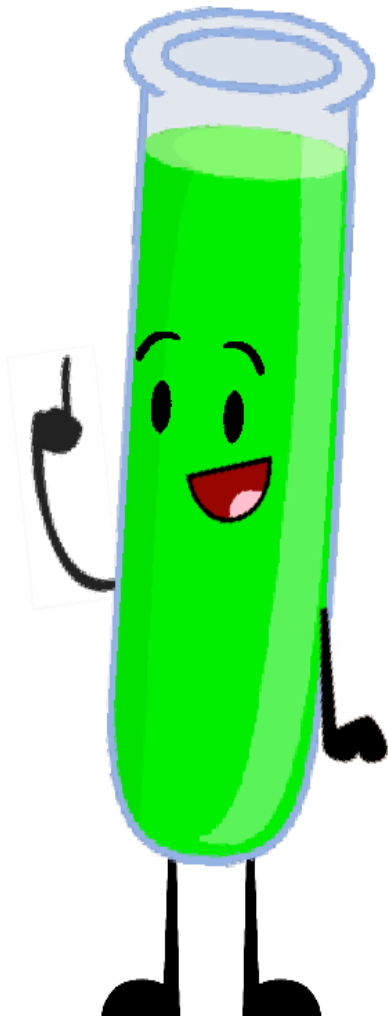
Essential oils

Seeking new experiences

Gratitude – try the 3 blessings
exercise (think of 3 things you
to be thankful for) or create a
gratitude journal

EHW Team

**Developing Wellbeing – ways to
increase ‘feel good’ chemicals**



Increase Oxytocin

Social interaction

Connect/bond with others

Speak to others

Touch

Listening to other people

Listen with your eyes giving
full attention

Receive compliments and
encouragement

Receive smiles

Laugh together

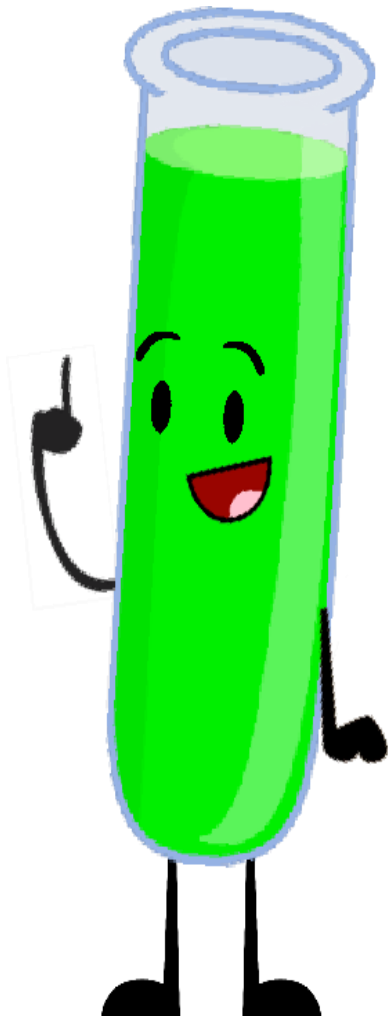
Sharing a meal

Petting an animal

A cwtch/hug – remember you
can also give yourself a hug or
squeeze!

EHW Team

**Developing Wellbeing – ways to
increase ‘feel good’ chemicals**



Increase Serotonin

Touch

Exercise

Music – particularly 4x4 beat

Rocking/swaying

Sunlight

Thinking of happy memories

Being outdoors

**The Importance of Nurture in the Development
of Wellbeing.**

Promoting 'feel good chemicals'

Cortisol

Produced when we feel stress, anxiety or fear. Produces glucose needed for fight/flight responses. Stops us from having the ability to think logically.

Dopamine

Supports our ability to think, focus and find things interesting. Linked to feelings of pleasure and motivation. Important for heart rate, kidney function, sleep and mood.

Oxytocin

Important for relationships as increases feelings of trust, generosity and increases behaviours that strengthen relationships. Decreases feelings of anxiety particularly at times of heightened fear.

Serotonin

Important for regulating mood, happiness and sleep. It can also be important in helping us reach the optimum state for learning.